

ABSTRACT OF THE INVENTION

A silicone-rubber plate used in an oven includes an plate body, a projecting circumferential edge formed around the plate body and containing a metal bar therein, two pairs of upper ears and of lower ears
5 formed on the outer vertical surface of the plate body and facing each other and respectively having a through hole, and plural U-shaped support bars crossing each other and propping the lower side of the plate body and respectively having two ends inserting firmly in the through holes of the upper and the lower ears of the plate body. Then the plate is
10 supported by the support bars and the metal bars so that the plate may not disfigure when held up, keeping intact its flat shape, preventing soup therein from overflowing and keeping intact the appearance of baked food thereon and to hamper food from falling off.

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